PHYSICAL

CULTURE

MANY PERSONS are unable by reason of domestic ties and business conditions, to enjoy the advantages of competent instruction in a properly equipped gymnasium, but are desirous of following a system of physical training in their homes which will prove a substitute for personal instruction.

To meet this want various correspondence courses are advertised and have been liberally patronized at a cost of from ten to twenty-five dollars for each person.

In this booklet we present absolutely free a course prepared by one of the foremost authorities on physical culture in this country, a successful teacher of many years experience in one of our largest cities. This course is equal to any of the correspondence courses, and better adapted to the every day needs of busy women.

Should you desire further advice concerning any of the exercises in this book, write to "Mrs. Pinkham, Lynn, Mass.," and your letter will be cheerfully and freely answered.

THE LYDIA E. PINKHAM MEDICINE CO.
Lynn, Mass.

FEISTER PRINTING CO., PHILADELPHIA.

Physical Culture

Physical culture is the improvement of the bodily condition to make it conform more closely to normal standard. Celebrated paintings and statues aid us in forming a proper conception of a "normal standard" so far as the outward appearance goes. In all these works of art two characteristics are invariable,—they please the eye and suggest abundant strength.

When we come to compare ourselves as we are with what we should be, we are usually dissatisfied, and with this very proper discontent comes the desire to be more nearly what the Creator intended us be,—perfect specimens of the human kind.

It is our duty, and should be our pleasure, to improve in every way possible our whole bodily condition, not only as to external appearance, but in the health of all the wonderful internal organs. In fact, it is not possible to be strong and well or ever to appear so unless our organs are performing their functions properly. If they are merely sluggish, a proper course of living, together with suitable exercise, will cause them to act properly. If they are diseased, they must first be restored to a healthy condition and kept so by obedience to the laws of health.

For the female sex in particular has this book been prepared. The following pages give sound advice for the healing of the female organs when diseased and for the further strengthening and upbuilding of the whole body.

If you are suffering from any of the ailments peculiar to womankind, write at once to "Mrs. Pinkham, Lynn, Mass.," fully describing your symptoms, and you will receive, free of any charge whatever, the advice suited to your case.

Home exercise, as a rule, is uninteresting and monotonous to all but the enthusiast. Nevertheless, excellent results are assured if it is faithfully followed and persisted in and the benefits will be derived even though they may be delayed.

There is scarcely any need of dwelling on the advantages of physical training; its benefits are universally conceded. The lack of activity of the muscular system causes the muscles to dwindle and waste, and impairs the nutrition of the body. Nervous diseases and complaints arising from excessive brain work and lack of physical exercise are steadily increasing, and to avoid any threatened degeneracy one must exercise to strengthen the body as well as to invigorate the mind.

Systematic regularity in physical exercises is the keynote of success. Simple exercises are frequently attended with a greater measure of success than those requiring more complicated and labored efforts.

While exercising, do not allow the mind to dwell on matters foreign to the exercise, but instead, concentrate your attention for the time on the muscular groups brought into play, on your posture and your breathing. Try to look forward to your exercise with pleasure. This will be more easily done when you have experienced some of the benefits derived from vigorous, systematic attention to the self-appointed task.

Suitable exercise will dispel that constant tired feeling and inability to concentrate the attention. After your exercise and bath, instead of feeling tired and depressed, you should feel strong, refreshed and invigorated, good company to yourself and friends.

General Directions for Exercising.

In the following exercises, pay particular attention to posture. Stand erect, with spine as nearly straight as possible, chest high and in advance of the abdomen and waist walls

Women's Ailments

There are many things with which every woman should be familiar, and which many women would like to know, that through force of circumstances they are not in a position to learn for themselves.

It is not practicable in a booklet of this character to give more than a brief outline of the ailments common to women, with the chief symptoms and the safe treatment of the same. Therefore, if any point is not clear to you, or if you are in doubt as to any of your symptoms, write at once to "Mrs. Pinkham, Lynn, Mass.", and you will receive free of expense to you the explanation or advice that you require.

If you could read but a small part of the letters from despairing women which daily reach Mrs. Pinkham from every part of the civilized world, you would not delay another hour before attempting to stay the ravages of disease and its dreadful consequence,——permanently destroyed health.

The women of America, with all their intelligence, are often heedless upon the subject that is of most vital importance both to themselves and to the generations which are to come after them,—the strength and health of their own bodies.

If you do not have clearly in mind the form, structure and functions of the female organs you cannot thoroughly understand the symptoms of disease in those organs.

The following pages are written as though you did understand what Nature intends your organs to do. But if you do not possess this knowledge and will write to "Mrs. Pinkham, Lynn, Mass.", you will receive free of charge a booklet giving all that you require.

FIG. 1.

in. (Fig. 1.) The chest walls must be free and active; that is, they must not be held rigid but must respond freely to the breathing movements. Rest the body weight principally on the balls of the feet,—not on the heels. Stand with legs straight, heels and knees together, feet turned out at an angle of sixty degrees, thus: (V), head erect and slightly drawn back without restraint and chin in.

If at first you tire quickly, you may after each exercise rest a few minutes, sitting on a chair, well back on the seat. (See FIG. 3). Breathe full and deep until somewhat rested, maintaining your posture.

When you can perform the exercise in good form, contract the muscles employed with such intensity that they will be brought to a slight degree of fatigue without any undue strain,—not to the point of exhaustion.

As your strength improves, increase the intensity of the muscular effort made, then proportionately increase the number of counts to each exercise until you can double them; then continue with this number for a month, at the close of which add a pound to the weight of each dumb-bell in exercises that require their use, and begin anew. Begin with bells weighing one half pound to two pounds,—never any heavier. They can be purchased at about five cents a pound.

The mind should intelligently direct the exercise with pleasurable interest and with determination to secure the best results in the shortest time possible. Exercise; don't labor; have the thought of strength and health, of mind as well as body.

Wear only the lightest and easiest clothing. The action of the muscles should not be impeded in the slightest degree.

Monthly Periods.

The years of a woman's life during which she experiences monthly periods mark the time of her power to produce her kind,—in other words, to bear children. The beginning of this time is called "puberty" and the end "change of life."

From the first appearance there is pain in some women, and in the vast majority of women it appears later on. This pain ranges from a slight discomfort in the lower part of the back to the intense agony which prevents many women from getting about or from attending to their ordinary pursuits. At the same time most women suffer from headache, weariness, great depression of the mind and irritability of temper.

The success which has always attended the use of LYDIA E. PINKHAM'S VEGETABLE COMPOUND is sufficient indication that it is the safest and surest means to obtain relief from this suffering. The Compound goes to the root of the evil and by strengthening the organs involved enables Nature to perform her functions easily and painlessly.

There are certain standard rules especially to be observed at the time when the menstrual flow is expected. Every woman should be aware of the necessity of obeying them, but too often they are not heeded.

Undue exposure to cold, wetting of the feet, sitting in a draught after exertion are all to be rigorously avoided, for during the menstruation period the body is much more susceptible to such things than usually. Dancing, skating and bicycling during the menstrual flow are to be forbidden in almost every case.

Dear Mrs. Pinkham:—

Having suffered for five long years with suppressed and painful menstruation, spending big money for doctors and getting no cure, I at last went to Mrs. Pinkham's medicine with little hopes, but found it just what I needed.

I am well and happy to-day and do not know what it is to suffer with menstruation.

Many thanks for your advice and LYDIA E. PINKHAM'S VEGETABLE COMPOUND.

LIZZIE STEIGER,
5510 Fleet Ave., S. E., Cleveland, Ohio.

An old bathing suit or a union suit makes an admirable exercising garment.

Exercising before a mirror is advisable, as you stimulate the will by interesting the mind through the medium of the eye. It will also enable you to note and correct any faulty muscle play or posture and to observe your regular improvement.

Proper poise and carriage are the fundamentals in every system of physical training and will of themselves keep the body in fairly good physical condition. Don't consider it "too much trouble" to sit up straight and "such a rest" to stand on one leg, while the other leg and your back are curved into all sorts of unnatural positions. (Fig. 2.) Indulgence in such faulty positions is decidedly antagonistic to health, strength and good figure. Every effort should be made to overcome such faults. A good sitting and standing position brings its own reward. Strive for the backbone and the firm yet pliable muscles of the athletic girl and the carriage of a queen.

FIG. 2.

Standing with neck forward brings constant and undue pressure on the nerve centers at the neck and small of the back, which cripples the very centers of activity. The head should be kept in position by muscular contraction and not be left to hang forward.

Neck exercises will give an easy poise to the head and will remove a double chin, giving a graceful, firm, yet easy poise to the head and rounding out the ugly angular throat and neck.

In walking properly, the weight is alternately transferred from one foot to the other with the conscious sensation of first lifting the body at the chest. Avoid striking heavily on the heels, which jars the spine and sways the back, causing the abdomen to protrude in an ungainly way besides giving a heavy and ungraceful sway to the hips.

When sitting down, do not "double up" at the waist line

The bowels should be the object of especial attention and at least one free movement should be secured daily. If the bowels seem at all sluggish LYDIA E. PINKHAM'S LIVER PILLS will be found to stimulate the liver mildly and harmlessly and to cause the bowels to act with proper freedom.

The disorders of menstruation are classed as follows:

Absence of the menstrual flow, known as "suppressed menses."

Excessive amount of menstrual flow, known as "flooding."

Pain at the time of the menstrual flow, commonly termed "painful periods."

Suppression.

In the treatment of suppression, LYDIA E. PINKHAM'S VEGETABLE COMPOUND, given before the period is expected, is the greatest help, and tends to bring about the natural course of events.

In addition, much advantage may be gained by attention to the diet, which should be simple, but as highly nourishing as possible. Plenty of milk, eggs, beef, chicken and bread and butter should be used; but pastry, pickles, tea and coffee are to be avoided.

As much exercise in the fresh air as possible should be taken, and the action of the bowels regulated, to relieve the bowels from constipation.

If any of the symptoms seem unusual, write at once to

Dear Mrs. Pinkham:—

My mother wrote to you about my condition sometime ago, and I began to take LYDIA E. PINKHAM'S VEGETABLE COMPOUND AND LIVER PILLS and used the syringe as you advised and I have come all right.

Four doctors told me that they could never make my menses come right, because the mouth of the womb was too small and I was going into dropsy.

I would bloat and have bearing down pains and could not sleep nights. I would cramp and have chills and would almost die when on my feet.

After taking only one bottle and a half of Compound, I am all right again, and I recommend it to every suffering woman.

MRS. MAY DEAL,
Winchester, Indiana.

nor drop the head on the chest. Don't "flop" in a chair, sitting on the spine, rounding the back, and making a shelf of the abdomen. Sit well back on the chair and sway backward or forward from the hips and not from the waist line. Avoid showing the soles of the feet and don't cross the knees. (Fig. 3.) (It is necessary to relax and to change the position occasionally when seated for half an hour or more. But ordinarily, when sitting down for a short time, it will be well to maintain the correct position.)

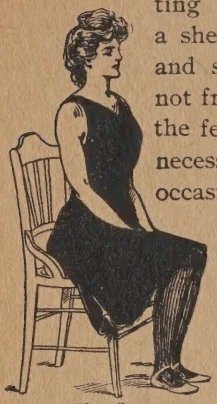

FIG. 3.

In stair climbing, avoid drooping the head forward, rounding the spine and setting the heels downward on each step. Instead, when you are ascending, keep the body perfectly erect, chest up, shoulders back and down, arms hanging naturally at sides, and carry the body weight on the ball of the foot,—not on the heel. In this way the muscles of the leg will easily perform the services required of them.

No longer can a woman say she "can't help" her stooping and uneven shoulders, narrow, flat chest, weak back and flabby abdominal muscles. She can, if she will but make the required efforts. The results are so well worth the small amount of time and exertion required that it is really surprising that so few women avail themselves of such inexpensive methods of securing that health, strength, grace and poise of carriage so vitally essential and so much admired. Well-developed form and well-poised shoulders and an erect carriage enable many a comparatively plain girl to create a much more pleasing impression than one better endowed with beauty of face.

A woman is as old as she looks, but she can continue to look young as long as she can keep her figure. It is the absurdity of the figure that makes a pretty woman look old

Mrs. Pinkham, Lynn, Mass., describing the symptoms as fully as possible. You will be immediately advised what is the best course of treatment, and may save much time and expense by adopting it promptly.

Sudden suppression of menstruation is usually brought about by taking cold, by exposure or by some sudden shock, and is generally accompanied by headache, backache and fever. It is a condition in which the patient should be promptly treated and very carefully looked after, as the results may be very alarming.

Treatment of sudden suppression should be begun by a hot hip bath or foot bath. The patient should go at once to bed, with hot-water bottles at her feet and hot cloths upon the abdomen. Sweating, which is highly beneficial in these cases, may be encouraged by the giving of hot lemonade or some other hot drink. LYDIA E. PINKHAM'S VEGETABLE COMPOUND should be administered according to directions for several days, or until every unnatural symptom has disappeared.

Flooding.

Flooding or excessive menstruation is a condition which is difficult to define by a hard and fast rule.

Every woman knows by previous experience about the amount she should lose at her periods, and when the flow becomes so profuse as to weaken her the menstruation may be said to be excessive.

Congestion is one of the most common causes of excessive menstruation, and is due in most cases to imprudence in the

Dear Mrs. Pinkham:—
I feel it my duty to tell you the good LYDIA E. PINKHAM'S VEGETABLE COMPOUND, BLOOD PURIFIER AND LIVER PILLS have done me. I was troubled with too strong menstruation for several years and have spent lots of money for all kinds of medicine without relief. My face was full of pimples and my whole body was sick. I was afraid I never would be better. One day a friend of mine told me of this wonderful woman's medicine and told me to write to you. I did so and you gave me good advice. I have used your medicine ever since and feel like a new woman. I have no painful menstruation, no aches in my back and my pimples are gone. I heartily recommend Lydia E. Pinkham's medicines to all suffering women.
MISS ANNA HARMS,
Lahoma, Okla.

before her time. Her trouble is entirely due to the results of her bad posture and carriage, ill distributed flesh and fat, imprudent eating, and almost entire neglect of her own muscular forces.

Of these, over eating is perhaps the worst. It may be safely stated that nine-tenths of humanity eat twice as much food as their systems require. Except in positive ill health, when the appetite has failed, we should eat only to satisfy hunger and not the appetite.

Special attention should be paid to the preparation of the food in the mouth. Every mouthful should be thoroughly chewed, and not washed down with liquids. Tea or coffee should be sipped slowly and not while food is in the mouth.

Lost figures can be regained by proper, systematic exercise; nothing else will restore long-lost waist lines, brace the shoulders, strengthen and reduce the bust and pare down the hips and the large, protruding, pendulous abdomens of the obese and build up the scraggy chest, weak shoulders and arms of the emaciated. Obesity and indigestion have no terrors for the devotee of regular, systematic, active exercise.

FIG. 4

As some of the parts mentioned are brought into such striking prominence when wearing decollette gowns, the advantage of possessing such decided physical attractions are of almost equal importance to the physiological reasons for sparing no time, means or effort to secure such gratifying and valuable results.

Systematic and persistent application will really work wonders. An increased chest expansion of two inches and the same reduction in the waist line in two months is simply ordinary, not remarkable.

As a rule a high chest and small waist walls go together. A high, full chest cannot be obtained and retained unless the abdominal and waist line muscles have been trained to carry with ease the weight of the thorax.

care of one's general health or exposure to cold during menstruation. It is especially apt to occur in fullblooded women, and is accompanied by a throbbing headache, backache and fever.

Women of this type, when sufferers from excessive bleeding, should be careful to regulate their diet and to avoid red meats—as beef, and other foods which tend to form blood. They should remain absolutely quiet in bed during their periods, and should assist Nature meanwhile by systematic treatment with LYDIA E. PINKHAM'S VEGETABLE COMPOUND, in dry form; that is, in Pills or Lozenges. If the instructions accompanying every box of this dry-form Compound are not entirely clear, write without delay to Mrs. Pinkham, Lynn, Mass., for further instructions.

On the contrary, in the case of women who are very much run down, the diet should consist of the most nourishing foods, such as meat, eggs, milk, etc., as this condition frequently results from a poor condition of the blood.

Very excessive bleeding may be lessened or checked by removing the pillow or bolster from under the patient's head and by placing heavy books or blocks of wood under the castors at the foot of the bed, thus elevating it several inches.

Excessive bleeding during the intervals between the menstrual periods may indicate a hemorrhage from the womb. A physician should be called upon to make a thorough investigation.

Dear Mrs. Pinkham :—
I write you for a little advice I am passing through Change of Life and suffer from hemorrhages every month. Tell me what to do.

MRS. JUBY.

I went strictly by the advice in your letter and find that LYDIA E. PINKHAM'S VEGETABLE COMPOUND PILLS will do just what you advertise.

I had been having hemorrhages for five weeks and could get nothing to check them. I began taking your Pills on Tuesday and the following Saturday morning I had stopped. I have taken them regularly ever since and each month the flow is less. I certainly think that if everyone who is troubled as I was, should give your Compound Pills a faithful trial, they will find relief.

MRS. GEORGE JUBY,
802 E. 5th St., South Boston, Mass.

We have limited the arm and leg exercises to what are actually necessary in acquiring strong, lithe, supple, well formed and well developed limbs and confined ourselves most to such exercises as improve vital conditions.

All physicians of whatever school of healing recognize the important part played by a constricted chest, with its attendant shallow breathing and insufficient oxygen supply, in aiding the evolution of chronic diseases, especially of the lungs.

Abdominal exercises have a direct beneficial effect in improving the condition, strength and tone of the abdominal and pelvic organs, which are weakened by sedentary occupations and by lack of vigorous exercise of the waist-line muscles.

Hints on Bathing.

Always follow your exercise immediately with a bath,—plunge, shower, sponge-off or rub-down. Do not allow yourself to chill off. The body should be warm to insure no ill effect of the cold bath.

If your exercises have induced free perspiration (and they should if properly performed), begin with warm water and then follow it with the cold. Dry thoroughly with rough towels, finishing with a final dry rub with the bare hands. If convenient, it is well to follow the towelling-off with a good rub-down with a flesh brush or dry, coarse towel.

To persons unaccustomed to exercising, a quick rub-down with three parts of witch hazel to one part of alcohol will prove refreshing and will aid in preventing subsequent soreness of the muscles.

Except when the body is in unusually vigorous condition, a cold plunge or sponge bath should never be taken when the

Painful Periods.

Painful periods is a condition from which the great majority of women are unfortunate enough to suffer.

The pain arises either from the great congestion before the flow begins, after which relief appears, or else the pain occurs during the flow and is due to the contractions of the womb.

The character of the pain varies from a dull throbbing sensation to actual cramps or "uterine colic," accompanied by "bearing down pains" similar to those experienced towards the end of labor.

Rest in bed at the first appearance of the menstruation; or, even better, the day before it is expected. The continued use of LYDIA E. PINKHAM'S VEGETABLE COMPOUND will prevent or relieve the congested condition and the pain of uterine colic, even in its most severe form, may usually be greatly relieved by placing on the lower part of the bowels, over the uterus, pieces of flannel wrung from water as hot as can be borne and these in turn covered with dry flannel. The cloths should be changed as soon as they become cool.

The symptoms of Acute Inflammation are feverish and chilly sensations in alternation, great pain and tenderness in the lower abdomen, frequently accompanied by severe headache, and a profuse whitish discharge, sometimes stained with blood.

The treatment is absolute rest in bed, an ice-cap or cold cloths applied to the head, and hot water bottles to the feet. The attack will be cut short if LYDIA E. PINKHAM'S VEGETABLE COMPOUND is taken faithfully according to instructions.

Dear Mrs. Pinkham:—

It gives me great pleasure to speak a good word for LYDIA E. PINKHAM'S VEGETABLE COMPOUND. When I began its use I was suffering from severe headaches, backache, painful menstruation, and spells of extreme weakness. I wrote to you for advice and have taken nine bottles of Vegetable Compound in all. It has changed me from a sick and weakly woman to the well, able-bodied woman I am to-day. I have told all my friends about my case and several are using your remedies.

MRS. MARY J. MAINE,
Westerly, R. I.

body is chilly, nor in a cold or damp room, as reaction is not likely to take place.

The warm bath is taken for its cleansing effect; the skin, after healthful exercise, being moist with waste and poisonous matters, which have been eliminated and which require the generous use of soap and water for their thorough removal.

The soap must be thoroughly removed to prevent its clogging up the pores of the skin as it is drying. Then follow with cold water.

The alternate warm and cold bath gives the skin its exercise by contracting and expanding the capillary blood vessels, keeping the vaso-motor nerves well balanced in their action, preventing the tendency to contract colds.

If after such a bath a splendid glow and reaction is not induced, modify it by using tepid water instead of cold or limiting it to the chest and neck instead of a general application.

Allowing the moisture to remain on the body or to dry by evaporation abstracts too much body heat. It is advisable during the summer season to those in good physical condition, as it cools the body, but is dangerous in cold weather.

Those whose bathing facilities are limited to a basin and pitcher of cold water need not feel themselves debarred from the advantages of a bath after exercising.

With a dry, rough towel go over the body quickly to dry it of all moisture induced by the exercise. Then dip a towel or large wash rag (the coarser the better) in the water; wring it out just so that it will not drip, and rub the skin vigorously with it, following instantly with the dry towel, as suggested in the second paragraph. It is a good plan, especially if the room is cold, first to bathe the arms and trunk of the body and after drying proceed with the legs.

After the acute attack is over, if there is any constipation, it should be relieved by LYDIA E. PINKHAM'S LIVER PILLS; and if there is any discharge from the uterus LYDIA E. PINKHAM'S SANATIVE WASH should be used once or twice each day, in order to hasten recovery as much as possible.

Inflammation.

Inflammation of the womb is a very frequent ailment, and it is probable that seventy-five women out of every hundred suffer from it more or less.

It is invariably relieved by LYDIA E. PINKHAM'S VEGETABLE COMPOUND. So many thousands of letters have reported complete cures through its use that there is not the least room for doubt as to its efficiency.

White Discharge.

One of the most common of female ailments is a discharge similar to that from the nose in case of a cold in the head, and arising, like that, from inflammation of the mucous membrane.

The continued discharge weakens the patient and leads to other symptoms, as sick stomach, headache, giddiness, sleeplessness and similar disturbances. Constant bearing down pain is also present with a dragging sensation as if a heavy weight were pressing upon the womb.

All treatment of chronic inflammation or of this discharge should be directed toward relieving the congestion of the blood

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LYDIA E. PINKHAM'S SANATIVE WASH was until recently sold only in the form of a dry herb-packet to be steeped and strained before using. It can still be had in this form, but is also furnished in a much more convenient form, that of a concentrated liquid extract, *made from the same materials* comprised in the dry package and containing all their medicinal elements. It is necessary only to add one teaspoonful of the liquid extract (or two teaspoonfuls in severe cases) to one pint of warm water, mix thoroughly and instantly it is ready for use. Apply once a day as a vaginal injection (or douche) by means of any good fountain syringe. It is best first to take a cleansing douche. For this purpose use warm water in which has been dissolved powdered borax (one heaping teaspoonful to a quart of water,) or as much castile soap as you would use in washing, or "Paxtine," according to the directions on the package. "Paxtine" is a fine toilet preparation, cleansing and antiseptic, made by the Paxtine Toilet Co., Pope Bldg., Boston, Mass., and sold by the druggists.

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Breathing Exercise.

At the beginning and the close of your exercising period, take a half dozen long, full, deep breaths, filling the lower part of the lungs first, and continuing until every air cell and all the respiratory muscles are brought into healthy activity. Let the inspirations and expirations be as complete as possible. This practice will enlarge the heart and lung room and increase lung capacity. Every effort should be made to establish a proper habit of breathing, that the correct use of the entire respiratory mechanism may become automatic. If the breathing capacity is below par, the whole system will surely suffer. Unused air cells will slowly degenerate and in a short time offer a good culture field for the tubercle bacillus. Healthy lung tissue in active and regular use is repellant to all disease germs.

Stretching Exercise.

FIG. 5.

To give elasticity and grace of movement, to lift the vital organs to their proper positions, and to add strength and give poise to the whole body.

a. From "position" (see Fig. 1, page 4), sweep arms sideways up to high vertical (Fig. 5), stretching them as much as possible throughout the exercise. Be sure that you lift the chest walls and pull the waist line in and up; emphasizing the upward stretch to widen the side chest walls. Allow your shoulders to follow your hands, to broaden the shoulders.

in the womb, and in that manner healing the inflammation. Persistent use of LYDIA E. PINKHAM'S VEGETABLE COMPOUND will remove all congestion and bring about a normal and healthy circulation.

Local treatment with LYDIA E. PINKHAM'S SANATIVE WASH should also be applied by means of a fountain syringe, using according to directions, in that way removing the discharge and so preventing it from doing further damage by irritation.

Displacement of Womb.

Displacement of the womb may occur in three ways, forward, backward or downward. Forward displacement is simply a tipping forward of the upper part of the womb. The symptoms are pain at the menstrual period, frequent and painful urination due to pressure on the bladder, which lies directly in front of the womb, and also in married women sterility or inability to bear children. Walking or being long upon the feet brings great pain and discomfort, and greatly aggravates the backaches which are the usual accompaniment of all forms of displacement.

The general treatment consists in taking a thorough course with LYDIA E. PINKHAM'S VEGETABLE COMPOUND in order to strengthen the ligaments which hold the womb in position so that by becoming more tense they may bring the womb back into position. Backward displacement is the condition existing when the womb is tipped so far backward as to press against the lower bowel. The symptoms are weight and full-

Dear Mrs. Pinkham :—
I was troubled with falling and inflammation of the womb and the doctors said I could not get well unless I had an operation. I knew I could not stand the strain of one so I wrote to you sometime ago about my health and you told me what to do. After taking LYDIA E. PINKHAM'S VEGETABLE COMPOUND AND BLOOD PURIFIER I am to-day a well woman. All the bad symptoms have disappeared and I am once more strong. I cannot express my thanks for what it has done for me and I will recommend your medicine to all my friends who suffer, and will tell them to write to you.
MRS. WILLIAM AHRENS,
988 W. 21st St., Chicago, Ill.

b. With a straight back, bending from the hip joint only and not from the chest, sweep forward and down and attempt to touch the floor without bending the knees.

c. Recover to position *a*. (Fig. 5.)

d. Recover to position. (Fig. 1.)

This exercise seemingly adds to one's height by lessening accentuated spinal curves and by giving a greater erectness to the figure.

FIG. 6.

Chest Opening Exercise.

Stand at position (Fig. 1); extend arms at "front horizontal," rise sharp on toes as you swing both arms back to "side horizontal" position (Fig. 6), pressing chest up and forward, and strongly contracting back muscles of the neck, arms, shoulders and back; recover easily to "position," with arms at "front horizontal," and repeat until muscles brought into play have been well exercised. Inhale as you sweep arms back; exhale on the recovery.

To Correct Round Shoulders, Flatten the Upper Back and Raise and Open the Chest.

FIG. 7.

Stand at position. (Fig. 1.) Raise arms to side horizontal. Keep arms fully extended, palms of hands upward; slowly describe a backward circle of about twelve inches with the arms fully

ness in the abdomen, a constant sensation as if the bowels were about to be moved and sometimes also a frequent desire to urinate, painful menstruation or a flow between the periods, headache, neuralgia and disordered digestion. Fluttering or palpitation of the heart is also common among the sufferers from this trouble, and sleep is often interrupted for hours at a time. The same treatment should be followed as mentioned for the opposite conditions above. The bowels should be kept in good condition by the use of LYDIA E. PINKHAM'S LIVER PILLS, taking these in just sufficient amount to cause one free movement of the bowels daily. Then thorough and prolonged treatment with LYDIA E. PINKHAM'S VEGETABLE COMPOUND will give such strength and tone to the ligaments about the womb that they will bring this organ again into place.

Downward displacement of "falling of the womb" is the most distressing of the three varieties of the wrongly placed organ. It is brought about by complete relaxation of the ligaments which in health hold the womb in place. The marked symptoms are irritation of the bladder and lower bowel, discomfort in walking, painful menstruation, leucorrhœa, a dragging pain in the back and most marked bearing-down pain in the lower part of the body.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND should always be taken because of its power to relieve inflammation and give strength and tone to the ligaments which support the uterus.

LYDIA E. PINKHAM'S SANATIVE WASH also should be used for its cleansing and strengthening effects on the local

Dear Mrs. Pinkham :—
LYDIA E. PINKHAM'S VEGETABLE COMPOUND is certainly an ideal medicine for women. I suffered for years with painful periods, backaches, headaches, nervousness, irregularities and inflammation. I consulted two physicians, but received little help. One advised an operation and I was completely discouraged. My husband said to me one day, "Why don't you write to Mrs. Pinkham and get her advice?" I did so, and to-day I am a well woman, I do not have any aches or pains and can work all day without getting tired, while before I took it, I could not do the work for just my husband and myself. I advise all suffering women to take LYDIA E. PINKHAM'S VEGETABLE COMPOUND.
MRS. LILLIAN ROBBINS,
South West Harbor, Maine, Mt. Desert Light Station.

extended and back of the chest line (Fig. 7); the head pressed back and chest up throughout the exercise. Strongly contract back neck and back arm muscles, and those between the shoulder blades, and keep raising chest upward and outward throughout the exercise.

To strengthen the waist-line muscles.

Ex. 1. Position. (Fig. 1.) Raise arms to side horizontal. Rock sideways right and left, emphasizing the stretch; bend directly sideways from the waist-line, not forward nor backward, and do not bend the knees.

FIG. 8.

Ex. 2. Position. (Fig. 1.) Hands on hips, thumbs to rear, chest walls high, waist walls in; bend forward from hip joint, without rounding the back or bending at the chest line. (Fig. 8.) Recover to position, then bend trunk backward. In bending back, the bending should begin in the upper part of the spine and be continued downward, bringing every vertebra successively into play. When properly performed, the head should lead at the beginning of the exercise and follow on the recovery.

Ex. 3. Position. (Fig. 1.) Hands on hips, chest high, back straight. Turn the body to the right, then to the left, as far as possible, keeping the feet firm on the floor. This exercise and the preceding one are powerful stimulants to a sluggish liver.

parts. If a sitz bath tub is in the house, it may be used to great advantage in all cases of displacement. Or an ordinary bath tub may be used, having in it sufficient water to come well over the hips when the patient sits in it. Or one may sit in an ordinary wash tub that has one side raised and supported. The water should be as hot as can be conveniently borne.

If you do not fully understand your ailments, write to Mrs. Pinkham, Lynn, Mass. Your letter will be treated in the strictest confidence and you will receive without cost to you the advice necessary to your particular case.

Tumors of the Womb.

Tumors of the womb are of various kinds, the most common being fibroids or muscular growths which may reach a large size. Fibroid tumors are not dangerous in themselves as far as life is concerned, but often lead to excessive menstruation or to bleeding between the periods. They are unknown before puberty and rarely attract attention before the 25th year. From this time they increase in frequency and are most common between the 33rd and 55th years. Change of life usually marks the end of this growth, but sometimes they will continue to increase after that time.

The symptoms of uterine fibroids are not marked and indeed in some cases it is not until they have been discovered by a physician that the patient is aware of them.

By establishing better circulation through the womb and by relieving congestion in the surrounding parts, LYDIA E. PINKHAM'S VEGETABLE COMPOUND controls the hemorrhage

Dear Mrs. Pinkham :—
Your medicine makes me feel like a new person.
It has taken a tumor from me and has regulated my monthlies, and cured me of pains then. It has fixed everything all right and I am thankful for it.
It was LYDIA E. PINKHAM'S VEGETABLE COMPOUND that I took.
MRS. STELLA GIFFORD BEAMAN,
Kinsley, Kansas.

To Strengthen Leg Muscles.

Fig. 9.

(*a*) Rise high on toes, keep erect position of body and lift chest walls. Arms extended or hands on hips.

(*b*) Lower body slowly to heels, back straight, chest high, waist walls in, and knees pointing outward. (Fig. 9.)

(*c*) Recover to position as in (*a*).

(*d*) Lower heels slowly to position. Keep body weight on tread of feet, and not sway it back on your heels. Your position should always be such that you can rise on the tread of your feet without a decided forward sway of the body.

To Strengthen the Abdominal Muscles.

Ex 1. Lie flat on back, body fully extended.

At 1,—Raise right leg at right angles to body. (See Fig. 10.)

At 2,—Emphasize the reach and stretch the leg muscles in that position.

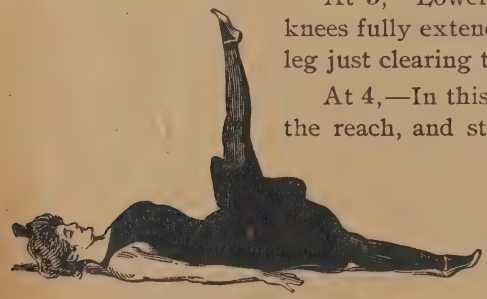

Fig. 10.

At 3,—Lower leg slowly, keeping the knees fully extended, to a position with the leg just clearing the floor.

At 4,—In this position again emphasize the reach, and stretch all the leg and hip muscles brought into play by the exercise, and continue from six to twenty times. Then execute with the left leg and finish with both legs.

and reduces the inflammation. Then the tumors are likely to cease to grow, diminish in size and finally disappear altogether.

Inflammation of Fallopian Tubes.

Diseases of the fallopian tubes, or salpingitis, are almost invariably due to inflammation of the womb, which through neglect has extended to these tubes.

The two forms, acute and chronic, resemble in their symptoms respectively Acute and Chronic Inflammation of the Womb, and the treatment will be found to be the same.

Disease of the Ovaries.

The symptoms are pain and tenderness felt over the lower part of the abdomen either on one side or both, increased by bodily exertion, and by bowel movements, fever, chills and nausea.

The treatment is complete rest, especially during menstruation. In addition, the general health should be built up as much as possible.

The one certain cure is to keep the bowels in good condition by the use of LYDIA E. PINKHAM'S LIVER PILLS, and at the same time take a thorough course of treatment with the Vegetable Compound. If any of your symptoms seem unusual, write at once for advice to Mrs. Pinkham, Lynn, Mass.

Dyspepsia.

Very frequently dyspepsia is one of the most prominent features of disease of the female organs.

A woman who suffers from any form of uterine or other

I have been troubled for some time with pain in my left side and ovaries. It was worse at time of menstruation, which was scanty and irregular. At this period, I am also troubled with headache and backache.

Thinking it was Change of Life working on me and hearing of LYDIA E. PINKHAM'S VEGETABLE COMPOUND, I began using it, and the first bottle helped me. I continued its use and can heartily recommend it to all suffering women.

MRS. SYL. B JERAULD,
508 N. 10th Street, Vincennes, Ind.

Ex. 2. Position as above. Raise the trunk of the body to a position at right angles to the floor; then recover by slowly lowering the body to the floor. (Fig. 11.) (At first it will be found convenient to hold the feet down by hooking the toes under the round of a heavy chair or some other piece of furniture.) In the trunk elevation be sure you raise the chest and hold firmly the ribs, otherwise the upper part of the abdomen is flattened and the organs contained in the abdomen and pelvis are pressed downward. The compression of the abdomen should begin from below, so that the organs are moved upward and restored to their natural position.

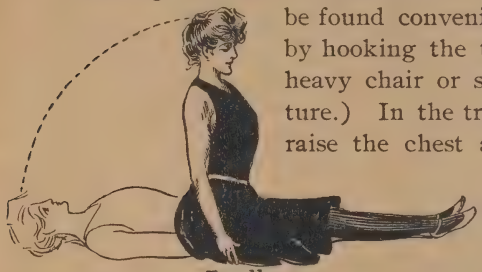

FIG. 11.

Chest Deepening Exercise.

Position, flat on back, as in preceding exercise. Sweep extended arms forward and upward as far as possible and endeavor to touch the floor beyond your head with the full length of extended arms. (Fig. 12.)

At 2,—Emphasize the stretch in that position.

At 3,—Sweep arms forward and down, recovering to position.

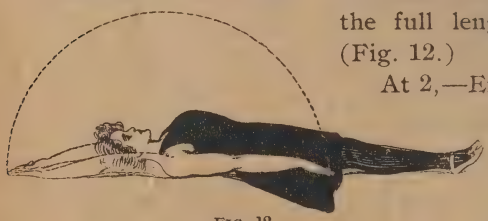

FIG. 12.

Do not hold your breath throughout the exercises; as a general rule inflate full and deep as your extended arms sweep upward or outward. Breathe in all you can; breathe out all you can. Always endeavor to extend your spine and keep your back as straight as possible throughout the exercise.

female disorder usually has her vital forces, her power of resistance, greatly reduced, and falls a victim to the ravages of dyspepsia in a way that she would not if she were in normal condition. Experience in many thousands of cases has shown that if the female organs are restored to a healthy condition the dyspepsia disappears.

A short course of treatment with LYDIA E. PINKHAM'S VEGETABLE COMPOUND will usually relieve the suffering by removing the primary cause—the inflammation or congestion of the female organs. The period of treatment will be regulated by the extent to which the organs have become deranged.

Constipation is frequently caused or aggravated by an unsound digestive system, and is usually relieved when the original cause is cured.

Strong drugs and violent purges must be entirely avoided. While striking at the origin of the dyspepsia, however, by taking LYDIA E. PINKHAM'S VEGETABLE COMPOUND and observing care in diet, nature must be gently assisted for a short time and LYDIA E. PINKHAM'S LIVER PILLS may be taken with perfect safety and with no fear of bad after effects.

Nervous Prostration.

A frequent manifestation of uterine disorder is that complete breaking down of the mental and physical energies commonly known as "nervous prostration." After weeks or months of tension caused by almost constant pain or distress in the female organs, the nerves finally give way and the

Dear Mrs. Pinkham:—

For five years I suffered untold agony from female troubles causing backache, irregularities, dizziness and nervous prostration. It was impossible for me to walk upstairs without stopping on the way. I was all run down in every way.

I tried three doctors and each told me something different. I received no benefit from any of them but seemed to suffer more. The last doctor said it was of no use for me to take anything as nothing would restore me to health.

So I began taking LYDIA E. PINKHAM'S VEGETABLE COMPOUND to see what it would do and by taking seven bottles of the Compound and using the douches and other treatments you advised, I am restored to my natural health.

MRS. ETTA DONOVAN,
Box 299, Willimantic, Conn.

To Develop the Arms and Shoulders.

FIG. 13.

Ex. 1. Raise dumb-bells with straight arms, sideways up to side horizontal. (Fig. 13.) As you raise your arms, lift your chest and inflate your lungs full and deep; exhale as you lower your arms down to sides, but do not lower your chest nor lose your posture.

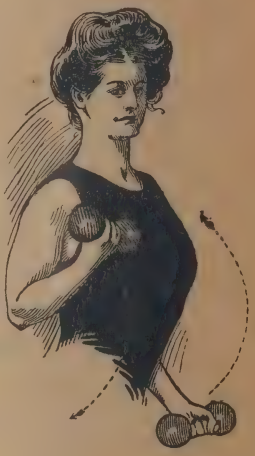

FIG. 14.

Ex. 2. From both sides curl bells alternately to front of shoulders (Fig. 14); do not bring your shoulders toward the bells, but the bells toward the shoulders.

Ex. 3. Position; bells at top of shoulders; push bells high over head, first with one arm, then with the other. Emphasize the upward push and allow the shoulder to follow. Follow up-going bell with head and eyes, to give back muscles their proper exercise.

Ex. 4. Raise the bells with straight arms to side horizontal. From this position curl bells well under armpits (Fig. 15); keep chest high and elbows shoulder high; recover again

sufferer drifts into a state of unhappy invalidism from which often she never recovers.

Unfortunately for womankind the true cause in the majority of cases,—impairment or derangement of the generative organs,—is not perceived. It is at once assumed that domestic labors, the care of children or the exactions of the daily occupations are responsible and that relief can be gained only by complete cessation of these cares. In most cases this last course is usually out of the question and could not of itself give relief.

By curing the womb trouble, the real origin of the disturbance, LYDIA E. PINKHAM'S VEGETABLE COMPOUND cures Nervous Prostration. It infuses new life and energy into the diseased organs, and if the patient by resting as much as possible, will do her part, it will almost always be found effective.

Change of Life.

Change of life, or cessation of menstrual flow, in a few very fortunate women presents no features at all. The flow ceases gradually and painlessly. But in the overwhelming majority this change is not so easily accomplished. The first indication of this change is marked irregularity of the periods, although in some cases the flow may gradually diminish, month after month, until it ceases abruptly, without warning.

This critical period in the life of a woman demands the most careful supervision. While there should be no unpleasant symptoms at all, the sufferings are often intense.

The necessity of taking LYDIA E. PINKHAM'S VEGETABLE

Dear Mrs. Pinkham:—
Before I took LYDIA E. PINKHAM'S VEGETABLE COMPOUND I was troubled with weak and dizzy feelings, and was bloated, although I never touch beer or any alcoholic bitters. I would get up in the morning feeling so tired out and not fit to do anything. You said my trouble was Change of Life, and since I have been taking your Compound and Blood Purifier I feel all right.
Your medicines are worth their weight in gold and I am still taking them.
MRS. BLONDEAU,
1825 Camp St., New Orleans, La.

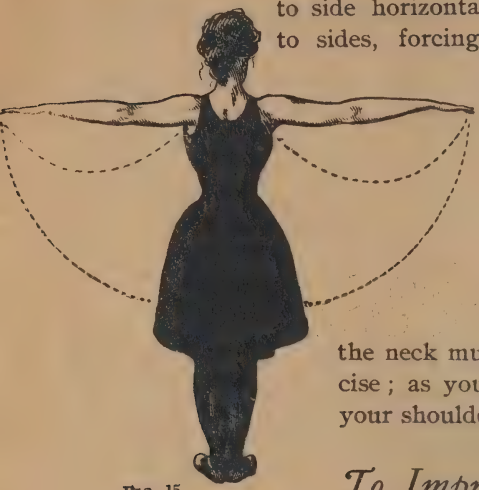

FIG. 15.

to side horizontal and lower slowly down to sides, forcing chest up and out and keeping your back as straight as possible.

Ex. 5. Bells at side horizontal, alternately curl bells to top of shoulders, following extended arm with your head and eyes to give the neck muscles their share of exercise; as you extend your arm, allow your shoulder to follow.

To Improve Shoulders.

Exercise to roll shoulders back and down to proper position and flatten upper back. Roll shoulders back and down, pressing your shoulders and contracting muscles between the shoulder blades as much as possible. Repeat until shoulder muscles are brought to a slight fatigue. Do not sway your back, but keep spine as straight as possible.

Wrist Exercises.

Ex. 1. With arms hanging at sides holding the dumb-bells, bend wrists in and out from twenty to fifty times.

Ex. 2. With arms at front horizontal, twist dumb-bells, alternately turning palms of hands upward, then downward.

Ex. 3. Hold the bell at one end, and with wrist motion only make the other end describe a circle.

These exercises develop the muscles of the forearm and render the wrist free and supple.

COMPOUND during the whole period of these changes cannot be too strongly urged. By the help of the Compound the ordinarily trying days may be passed over in perfect safety, and this time of life may be as healthy and natural as any other.

Write to Mrs. Pinkham, Lynn, Mass., for any needed advice, which will be gladly furnished without charge.

Barrenness.

The disability of a woman to bear children is commonly termed barrenness and may result from a number of conditions that are not always clearly discernible.

In a general way it may be said that the condition is due to some functional disturbance of the generative organs,—congestion, inflammation, sluggishness of action or lack of complete development.

The success that has been met with in treating this condition with LYDIA E. PINKHAM'S VEGETABLE COMPOUND is proof that in a large majority of instances the cause of barrenness may be removed and the maternal instinct gratified.

This desirable result is accomplished through the toning up of the female organs that the Compound always imparts. The circulation if defective is properly renewed; if congestion exists it is removed; inflammation is allayed, and the whole group of generative organs is prompted to full and normal activity.

Write to Mrs. Pinkham for advice. Your letter will be treated in the utmost confidence and a great source of unhappiness may be removed from your life.

Dear Mrs. Pinkham:—

I took LYDIA E. PINKHAM'S VEGETABLE COMPOUND five years ago and am taking it again. If you remember, I asked you if you could tell me what would be good for me because I could not get in a family way. You told me to take the Compound and I did. Now my little girl is four years old and I am pregnant again. I am real well but take your medicine all the time. It has helped me wonderfully ever since I began it, and I would not be without it during pregnancy.

MRS. F. C. KURZHALS,
Lapeer, Mich., R. F. D. No. 4.

Neck Exercises.

Ex. 1. Bend head sideways to right ; then to left. Keep shoulders steady.

Ex. 2. Twist head sideways right and left ; shoulders steady.

Ex. 3. Bend head well back, then recover to fundamental position.

Each of the above should be done from ten to twenty times.

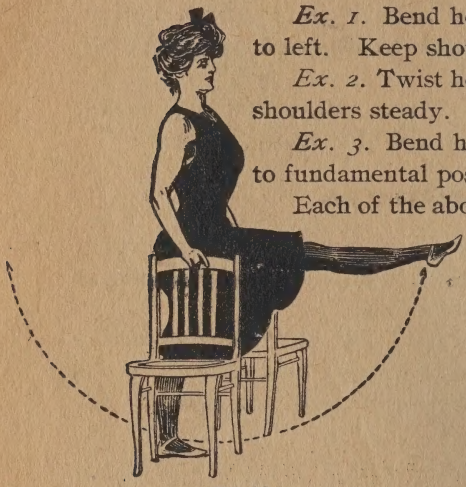

FIG. 16.

Hip Exercises.

Ex. 1. While steadying yourself between two chairs (Fig. 16), swing extended leg, toes well pointed, forward and backward, six to twenty times with each leg.

Ex. 2. While steadying yourself on back of chair, raise extended leg sideways up from six to twenty times with each leg.

Ex. 3. Bring knees up to chest, not chest to knees, six to twenty times with each leg.

Waist and Leg Exercises

Charge forward with right leg, right arm stretching forward and left arm back. Bend over and touch the floor as far in advance of right foot as possible. (Fig. 17.) Recover to upright position, then to first position. Repeat with left side. Execute exercise from five to twenty times.

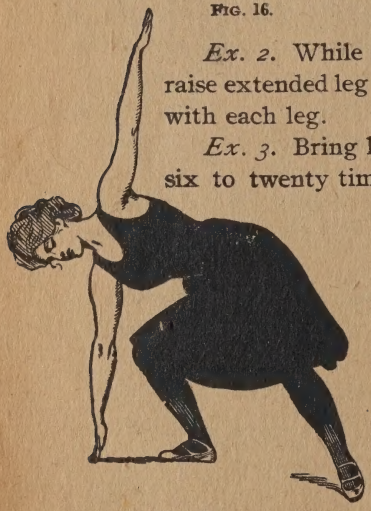

FIG. 17.

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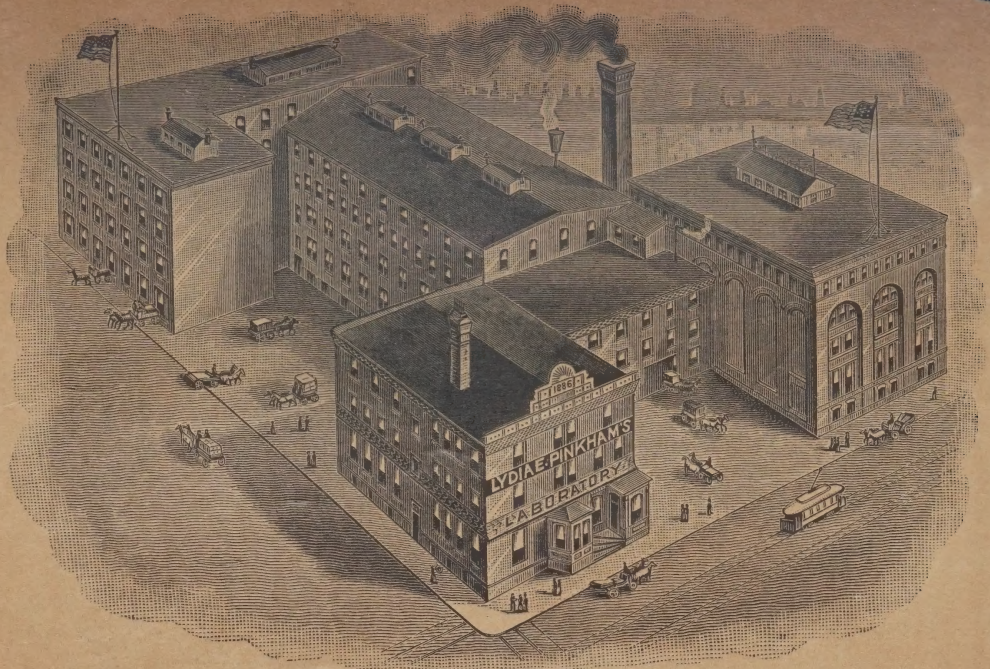

THE HOME OF

LYDIA E. PINKHAM'S REMEDIES

LYNN, MASSACHUSETTS

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